

ISSN 2321 - 9203

www.theijhss.com

## The Board Of

## The International Journal of Humanities & Social Studies

Is hereby awarding this certificate to

Dr. Gopal C. Mahakud, Vikas Sharma & Khagendra Nath Gangai

In recognition of the publication of the paper entitled

Stress Management: Concept and Approaches

Published in 'The IJHSS' Journal, Volume 1, Issue VI, December, 2013

**Editor In Chief** 

S. Khemnath